Health Beat

The Hidden Story of Cancer — A Book by Professor Brian Scott Peskin

By Sheldon Zerden

Cancer is the number one cause of death in the United States. During the last fifty years, many billions of dollars have been poured into a sinkhole, supporting the research for chemotherapeutic drugs, better and more expensive diagnostic machinery, and hospitals, etc. However, the death toll keeps rising. In 1968, 278,000 deaths ushered in President Nixon’s “War on Cancer.” This year there will be 570,280 people succumbing to this dread disease.

A new estimate does not bode well for the future. By 2030, the total cancer mortality rate will double. Rates of cancer will grow 20 percent a year. There will be about 1.5 million new cases a year, and a total of 20 million people living with cancer. Let’s face it, the war on cancer has been lost! But wait, not so fast!

A fascinating new book by Professor Brian Scott Peskin called “The Hidden Story of Cancer” has revived the brilliant work of Nobel Laureate Otto Warburg, M.D., who earned his prize for physiology in 1931. He vowed to find the cure for cancer because his mother died of the disease.

Professor Peskin uses Dr. Warburg’s research as the core of his “Life Systems Engineering Science” solution to the problem of cancer. It is obvious that treating cancer with chemotherapy, radiation and surgery has failed to stem the surge in mortality. It is high time to try something new, like prevention.

According to Warburg, the prime cause of cancer is a low level of oxygen in the cell. Cancer cells cannot live in an oxygen environment — they are anaerobic. How does one go about keeping the cells properly oxygenated, thereby preventing cancer? It seems that Warburg didn’t have the answer. However, Professor Peskin uses the scientific knowledge gained during the succeeding decades to add the missing ingredient — essential fatty acids (EFAs). Essential fatty acids in the proper ratio deliver the oxygen needed for respiration to keep the cells normal and healthy. In the absence of oxygen the cells revert to their primordial state and forementioned results. It doesn’t matter what kind of cancer, the primary cause is always the same — a lack of oxygen at the tissue level.

Synopsis (to be continued)

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Sheldon Zerden is an award-winning author of six books. His latest work is, “The Best of Health: The 100 Best Health Books.”

Questions and comments should be sent to axnoon@yahoo.com
Health Beat

The Hidden Story of Cancer Part II

By Sheldon Zerden

Cancer is now the number one cause of death in the United States. It is estimated that 570,280 people died in 2006 (data still being collected). There were 1,372,910 cases in the U.S. in 2005. The numbers keep mounting even though we have spent $20 trillion on research in the last 30 years. The goal of this book is to help you live out your life cancer free, and achieve your maximum life span.

Medicine stubbornly persisted on a dead-end path during the same period that Otto Warburg was researching and presenting his brilliant work leading to the discovery of the prime cause of cancer. “If a risk factor cannot be attributed to the majority of cases of a disease, then that factor is not the primary cause of the disease.” The word “theory” really means a guess. Warburg’s rigorous experimentation and testing always resulted in the same outcome, making his cause of cancer a scientific law — not a theory. Warburg’s work was tested a thousand times, and while this might seem like a simplistic answer to a complex problem, it worked every time.

A simple-to-correct nutritional deficiency is at the core of cancer’s prime cause. As we age, we become more deficient. Preventing cancer before it ever develops, through an understanding of the prime cause as researched by Dr. Warburg is the only way to halt this insidious disease for good. Prevention is the ultimate cure.

It took the Catholic church 300 years to admit that its condemnation of Galileo was wrong. This story is analogous with the sad story of Dr. Warburg’s discovery not being put to use, even though it is scientifically valid. This book will show you the solution so that you can protect yourself against cancer.

The following are recommendations that are based on bad science:

1. Fruits and vegetables — they are O.K., but won’t help you ward off cancer.
2. Fiber — worsens colon cancer, fiber is cellulose-sawdust.
3. Mammograms — it is not a technique for early detection. Breast cancer is present for 8 years before it can be detected. It is a profit-driven technology posing risks compounded by reliability. It would take 1,224 mammograms to prevent 1 cancer death 14 years later. It is a very weak tool — 1 percent effective—or a 99 percent failure rate.
4. Heart attacks and cholesterol — 75 percent of heart attack victims have normal LDL and HDL cholesterol.
5. Hormone Replacement Therapy (HRT) Therapy with estrogen and progestin results in increased risks of disease.
6. Diverticulosis — no need to avoid fruits, seeds, and nuts.
7. Blood pressure — diuretics are more effective—they are cheaper.
8. Nitrates — in hot dogs, etc. are O.K.
9. Fish oil — worthless at best and harmful at worst.

Genetic risk factors are not linked to cancer’s prime cause. Despite massive hype, trying to cure cancer via genetics is still far off. Any competent molecular biologist will tell you that cancer is not genetically based. Dr. Warburg warned scientists against pursuing genetic research. Many of us have been misled into believing that genetics will save us from contracting cancer. The truth of this fallacy has been publicized, but few of us know it.

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Health Beat

The Hidden Story of Cancer (Part III)

By Sheldon Zerden

Nobel Laureate Otto Warburg’s discovery of the prime cause of cancer is not a theory. It is an observation he arrived at after years of experimentation and testing. Cancer does not develop rapidly. It takes decades. The body has a high resistance to developing cancer cells. That is why it takes long to grow. The immune system protects the body against cancer. A cancerous cell can never return to normal. It’s an irreversible process. Warburg’s discovery demonstrates that there is an underlying cause of cancer that is the same from one person to the next. The prime cause of cancer is too little oxygen in the cell. I spent three years trying to prove it wrong. Just by decreasing a cell’s oxygen content by one-third, cancer is automatically induced. Nothing more is required for cancer to develop.

Warburg found that if a cell was oxygenated early enough, cancer causation could be stopped. Once damage to a cell is too great, no amount of oxygen will return the cell’s respiration back to normal. It is doomed to a cancerous life. In 1923 “The Metabolism of Carcinoma (Cancer) Cells” was published in Germany. Warburg used actual results as the basis of the scientific theory, allowing the theory to fit the facts. Today’s cancer researchers have it backwards—they force the facts to fit their genetically-based theories. Glycolysis means running without oxygen. Respiration means running with oxygen. Glucose brought respiration to a standstill. Cancer tumors love sugar and sugar stopped respiration. This effect doesn’t occur in normal cells. Malignant tumors produce three to four times more lactic acid per molecule of oxygen consumed than do benign tumors. Dr. Warburg’s genius was unprecedented in making these seminal discoveries regarding the metabolism of cancer. The tumor cell can choose between fermentation and respiration. This makes cancer cells much harder to kill than normal cells. That is why prevention is so important.

If caught early enough, a tumor can be oxygenated so that cancer never fully develops. Today we know how to achieve this result. Dr. Habib refers to EFAs (essential fatty acids) as “oxygen sponges.” EFAs are the missing link that Warburg was not aware of. EFAs are “oxygen magnets.” Exercise increases oxygenation to your blood but it doesn’t guarantee the effective transfer to each organ in your body. Many people who exercise regularly still get cancer. All supposed causes of cancer in the press are secondary causes — chemical carcinogens, radiation, transfats, food additives, cigarette smoke, viruses, and genetic mutations. Warburg warned that we are wasting our time chasing secondary causes. They all lead to the primary cause — insufficient oxygen in the cells.

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Health Beat

The Hidden Story of Cancer (Part 4)

By Sheldon Zerden

Secondary causes of cancer all lead to impaired oxygen. All Cancer-Causing agents Impair Oxygen Transfer to the Cell and Oxygen Utilization Inside the Cell. Oxygen transfer is inhibited by (hypoxia and anoxia). Cell turns cancerous!

The cell does not die. Instead, it loses its ability to respire and turns to fermentation. It doesn't matter what kind of cancer, the primary cause is always the same.

It's impossible to avoid all of these dangerous carcinogens, but there is hope! This process can be minimized or even stopped by giving your cells the proper EFAs, vitamins, essential minerals, sufficient protein, and a detoxifier.

It is not necessary to look for further answers to a question that has already been answered. It is high time to get past the prejudices and mistakes of the past and take a look at Dr. Warburg's revolutionary discoveries about cancer.

"Otto Warburg: A Lifetime of Important Discoveries and Advances."

Warburg was referred to as the greatest biochemist of the 20th century. His discoveries rank him with Galileo, Newton, Pauling, Feynman, and Einstein. His life's ambition was to find the cure for cancer. His mother died of cancer. Warburg did research on respiratory enzymes, certain vitamins and minerals that the body requires for the utilization of oxygen in the cells. That earned him the Nobel Prize in 1931. Today, these vitamins and minerals are termed "coenzymes." Warburg warned that no further time be spent "barking up the wrong tree." He said that by concentrating in the wrong areas (genetic and viral causes) huge numbers of people would die unnecessarily.

Warburg was eccentric. He was the first to admit it. He avoided food with chemical additives. Dr. Warburg was Jewish and Hitler's obsession with contracting cancer caused him to insist that Warburg stay and continue his research. You can imagine how all the other scientists and medical researchers must have felt about this. They hated Warburg because of his blunt truthfulness and lack of tact.

The answer to Cancer EFAs Oxygen Magnets. These unsaturated fats attract the oxygen in your blood stream and transfer it into the cell just like little "oxygen sponges." This happens in all of your 100 trillion cells. EFAs need to be replaced every day in our food. They are integral to the structure and function of cellular respiration. Without a high respiration efficiency, cancer is sure to follow. Decreased oxygen utilization is precisely the circumstance that Dr. Warburg demonstrated that leads directly to cancer. This is the process we know how to stop cold with EFAs.

Before cancer can start a deficiency of EFAs in human cell membranes, making them less able to absorb oxygen--was only possible by taking into account Dr. Warburg's discovery of the prime cause of cancer -- insufficient oxygen in the cells. An EFA deficiency is the missing link that holds the key to the health of your cells and body.

to be continued...

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Health Beat

The Hidden Story of Cancer: Part 5

By Sheldon Zerden

Parent EFAs comprise the basic raw materials for your body. Parent omega-3 (alpha-linolenic acid, or ALA and parent omega-6 (linoleic acid, or LA).

Your body can’t make either ALA or LA. That is why they are called essential. We must obtain them from foods or supplements. We need both ALA and LA. They have complementary functions. There are also substances called EFA “derivatives.” Your body makes them out of the parent omega-3 and omega-6 EFAs that you eat.

The most common omega-3 EFA derivatives you’ll see in stores are EPA and DHA, and the most common omega-6 derivatives are CLA and GLA. The most critical factor is the correct proportion of parent omega-6 to parent omega-3. The correct ratio of EFAs is a range of one part to two parts omega-6 to one part omega-3.

Just for the record GLA is gamma-linolenic acid. CLA is conjugated linoleic acid. EPA is eicosapentaenoic acid, and DHA is docosahexaenoic acid.

The body uses a much greater quantity of parent EFAs than derivatives — up to twenty times more.

EFAs have been proven in numerous studies to prevent cancers from developing. Some of these studies also show that EFAs can inhibit the growth of cancer already present in the body.

Mitochondria are “cellular power plants.” A cell typically contains hundreds or even thousands of mitochondria which occupy up to 25 percent of the cell’s cytoplasm. Each mitochondrion is supposed to be loaded with EFAs.

What you should eat:

Each red blood cell contains about 280 million hemoglobin molecules. For maximum anti-cancer protection, we require highly oxygenated hemoglobin in our red blood cells. Your body needs lots of iron. Eat plenty of animal-based protein like eggs, poultry, meat, cheese, yogurt, and fish. People can’t deny themselves ice cream, pie, and soda. The cravings overpower them, and they never go away. Excessive carbohydrates are the worst foods to consume if you want anti-cancer protection.

(to be continued)

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The following list shows the content of EFAs in oils

<table>
<thead>
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<th>Omega 6- (linoleic acid)</th>
<th>Omega-3 (alpha-linolenic acid)</th>
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<tr>
<td>59%</td>
<td>Corn oil 0%</td>
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<tr>
<td>65%</td>
<td>Sunflower oil 0%</td>
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<tr>
<td>75%</td>
<td>Safflower oil 0%</td>
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<tr>
<td>20%</td>
<td>Flaxseed oil 55%</td>
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<tr>
<td>45%</td>
<td>Sesame oil 0%</td>
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<td>43%</td>
<td>Pumpkin oil 15%</td>
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<td>74%</td>
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<td>8%</td>
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<tr>
<td>28%</td>
<td>Nut oils</td>
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<td>10%</td>
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<td>29%</td>
<td>Brazil nut oil 0%</td>
</tr>
<tr>
<td>23%</td>
<td>Peanut oil 0%</td>
</tr>
</tbody>
</table>
Health Beat

The Hidden Story of Cancer: Part 6

By Sheldon Zerden

Warburg’s 19 Principles

1. The prime cause of cancer is cellular oxygen pressure that is too low.
2. The prime cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar. Carbohydrates are utilized as cancer’s prime fuel instead of proteins or fats.
3. Minerals (coenzymes) are critical to the cellular respiration function (oxygen transfer).
4. Cancer has no genetic and no viral basis. It’s proteins, not genes that count. Genes cannot explain cancer’s prolific (enormous) increase in less than 80 years. Our genes haven’t changed in the last 100 years.
5. Iron is important. Anemia increases the risk of death by cancer by 65 percent. Bioavailable iron is found in animal-based protein sources such as meat, chicken, eggs, steak, etc.
6. Cancer could be prevented if the respiration of the body’s cells is kept intact.
7. Cancer prevention is the key. Once oxygen deficiency damage is done to a cell, it can’t be repaired. Fermentation causes proliferation and the spreading of cancer.
8. To prevent cancer, you must keep the speed of the bloodstream so high that the venous blood still contains sufficient oxygen.
9. Keep high concentrations of hemoglobin in the blood. Hemoglobin is a protein. Fish, eggs, yogurt, and cheese give you iron and protein.
10. Add respiratory enzymes (minerals) to food in your diet.
11. Avoid additives, preservatives, artificial sweeteners, hormones (steroids), and other carcinogens.
12. There are many secondary causes of cancer. They bring about the “prime cause of cancer” — insufficient oxygen.
13. Normal cells meet their energy needs by the respiration of oxygen. Cancer cells’ energy needs are supplied by the fermentation of glucose (sugar). Cancer cells love sugar — the fuel of fermentation.
14. Cancer cells grow in the body with almost only the energy of fermentation.

15. Cancer metabolism is an irreversible process. It must be prevented.
16. Thirty-five percent inhibition of oxygen respiration brings about the transformation of cell growth.
17. When oxygen respiration falls, fermentation appears and cancer develops.
18. The first harm to the cell that occurs is likely to be the harm to its respiration.
19. Warburg warns that the pursuit of secondary causes of cancers such as viral agents and carcinogens is obscuring the true cause of cancer — the lack of oxygen.

Peskin’s Grand Premise

“Long-term efa deficiency in the modern diet resulting from food processing has created the exact cellular malfunction in the population that was discovered by Otto Warburg to be the prime cause of cancer — an insufficiency of oxygen in the cells. In addition, an EFA deficiency perpetuates cardiovascular disease, which in a vicious circle that lessens the body’s resistance to cancer by lowering blood speed and spreading cancer throughout the body via blood and metastasis.”

“Warburg’s views on the significance of the metabolic characteristics of cancer cells were not shared by the majority of experts — though none of the facts on which they were based have been refuted.” (Hans Krebs)

Warburg’s facts were verified over one thousand times in experiments all over the world. There is no doubt that the prevention of cancer will come because man wishes to survive. How long prevention will be avoided depends on how long the prophets of agnosticism will succeed in inhibiting the application of scientific knowledge in the cancer field. In the meantime, millions of men must die of cancer unnecessarily.

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